

THE WASHINGTON TIMES DAILY MAGAZINE PAGE

Helps Toward Caring for Bottle-Fed Babies During Summer as to Their Diet

Home Pasteurization of Milk, Care of Bottles and Nipples and Hours for Feeding—How to Make Simple Refrigerator for Baby's Bottles.

NOTHING is so important to the health of the baby in summer as the right kind of food. When for any reason breast milk cannot be had a substitute must be found. Experience in many thousands of cases has shown that cow's milk is the only food that can take the place of mother's milk with even a fair prospect of having it agree with the baby. Neither condensed milk nor the infant foods sold in the stores are so good as clean cow's milk for the baby who cannot have breast milk.

But to have clean milk it is necessary to have clean cows, clean barns, clean milkers, clean pails, and clean equipment. Later articles in this series will deal more particularly with the subject of milk. The country mother is often able to see the conditions under which the milk she uses is produced. City mothers, on the other hand, have the protection that is afforded when the city inspects its milk supply.

In some cities it is possible to buy what is known as "certified" milk. This is a little more than ordinary milk, but its purity is guaranteed by the authorities. But when certified milk cannot be had, and when it is impossible for a mother to see herself how the milk she uses is produced, she should heat all the milk she uses for the baby, in order to kill the disease germs which it may be carrying. Among the diseases which thrive in milk are those of tuberculosis, typhoid fever, diphtheria, scarlet fever, and diarrhea.

Home Pasteurization.

Germs multiply very rapidly in milk, so rapidly, in fact, that even if it is reasonably clean when drawn it may become dangerous food if left standing in a warm place for some time. These germs may be killed by heating the milk. Boiling it for half an hour is a safe method, and is sometimes advisable in very hot weather, but the method of heating the milk without boiling it called pasteurizing is usually employed. An easy method of home pasteurization is as follows:

Put a gallon of water over the fire in a clean pan or kettle. When the water begins to boil take the milk from the refrigerator and allow it to stand on a table for ten minutes uncovered. Then put in the milk and cover the pan with a towel. Let it stand for half an hour, covering the kettle meanwhile with a blanket. At the end of the half hour remove the bottles and cool them as quickly as possible to 50 degrees and put them where they will keep cool until needed.

When it is time to feed the baby take out a bottle and set it in a pail of warm water over the fire to heat. The mother may test the warmth of the milk by sprinkling it on her arm. It should feel just slightly warm. It will be right for the baby.

Caring for the Bottles.

After the baby has finished, the bottle should be emptied, rinsed, and filled with cold water. At some convenient hour in the day the mother will wash all the used bottles with soap and warm water, using a bottle brush to clean the inside of them. She should then rinse them and boil them in the same pan or kettle in which they were pasteurized. This kettle and all the equipment used in preparing the baby's food should be kept for that purpose alone.

The nipples should be washed carefully. A little salt rubbed on the inside

will remove the milk. They should then be rinsed and dropped in boiling water for a few moments. They will dry with their own heat when removed. They should then be put away in a dry glass jar that has also been boiled, covered and kept out of the light.

When handling the sterilized nipples take hold of them by the lower rim. Do not touch the part which is to go into the baby's mouth. Never put the nipple into the mouth to test the milk, as the baby might easily be made sick if the mother happened to have a cold or throat trouble.

It will be found convenient to have enough bottles, nipples, and clean bottle corks for the entire twenty-four hours, and it will be a great saving of time if all the feedings are made up at once. This will also insure their being of uniform quality.

A later article will give a few directions for modifying the milk for babies of different ages. Whenever possible, it is best for a mother to have the advice of a good physician in regard to feeding her baby.

Homemade Refrigeration.

Whenever possible the baby's bottles should be kept on ice. A home-made refrigerator which will keep the milk sweet for twenty-four hours is easily and cheaply made at home. For this purpose procure a lard or candy pail, or a galvanized bucket, or even a wooden box with a cover. In the bottom place a layer of sawdust an inch thick. Inside the box or pail place another smaller receptacle, such as a ten-quart pail (tin), with a cover, and fill all the space around it with sawdust. This inner pail holds the ice and the milk.

The ice will keep longer if it is broken up and placed in a small covered tin. Put the little pail in the bottom of the refrigerator and pack the bottles around it, and put the cover on. Then close the outer cover, which for additional protection may be lined with newspapers or with a cushion stuffed with hay or straw. Where ice cannot be had, the bottles may stand in a pail under a stream of running water.

Feed With Regularity.

A bottle baby should be fed with the same regularity as a nursing baby. The bottles may be given at 6 and 9 a. m., at 12 noon, and at 3, 6, and 9 p. m. Up to the age of four months the baby will need only one more feeding. After that he should sleep all night.

Beginning at the fifth month the time between feedings should be lengthened a quarter of an hour each week until the interval is four hours. When the baby is six months old, give no other food than the bottle feedings and drinking water in the first few months of the baby's life.

The baby should nurse slowly, but ought to finish his feeding in about 20 minutes. If he is inclined to take his food too greedily, withdraw the nipple from his mouth several times during the feeding and let him rest a moment. It is especially important in summer to let the baby rest. It is far better to keep him quiet rather than to let him bring on an attack of diarrhea by giving him too much food, the food which is unsuitable, or by feeding him at irregular intervals.

This is one of a series of articles on the care of the baby during summer, prepared by the Children's Bureau of the Department of Labor. These will appear from time to time on the Magazine Page of The Times.

Three Minute Journeys

By TEMPLE MANNING.

FIVE miles out from the center of the city of Tokyo, Japan, stands the prison of Sugamo. Passing through the eastern gateway one day eight years ago I approached the prison proper through a flower-laden garden. Cherry trees nodded in the breeze, and a turned to take a last long look at the lovely sight before the door closed behind me.

I might have saved that minute, for the interior of Sugamo is as bright and pleasant as one could wish. It is more like a hospital than a prison. Indeed, I have heard it said in Tokyo that the healthiest of the Japanese are in prison. From my own knowledge I can say that it is one of the peacefullest places I have ever visited.

There are accommodations for 2,300 prisoners in Sugamo. When a prisoner arrives he is asked if he speaks any foreign language, and if he does he is permitted to continue his studies. If there are three or four who wish to

keep on with the same language a teacher is engaged to instruct them. Prisoners under twenty are instructed in reading, writing and arithmetic. Older offenders who are there for the first time are taught history and geography.

Every inmate is permitted to work at his trade. If he has no trade he is taught one—the one that he chooses. From his work he is permitted to keep one-half the proceeds, and the other half is sent to his family. Many prisoners earn enough to support their families in the same style they have enjoyed in happier times.

The only punishment for insubordination is confinement in solitary cells.

So excellent, indeed, is the life in Sugamo that 90 per cent of the prisoners make it a point of returning there after they are released. From that viewpoint the Japanese system of making life in prison pleasant, and a term in Sugamo a course in higher education, might be accounted a failure.

ADVICE TO GIRLS

By ANNIE LAURIE

Dear Annie Laurie: 1. Would a girl be considered forward if she asked a boy friend to call on her when she was going away for the summer, she requested that he write to her? 2. Do you think a chaperone is necessary if a boy and a girl wish to go out together in the daytime? When is a chaperone indispensable? When a boy escorts a girl home from some athletic contest or social affair, what should she say upon leaving him at the door? When is it polite to ask him in? 4. A girl met a young professional man, but soon learned that he was married. She would like to be acquainted with him; how could she secure her friendship? 5. Do you know of anything less stereotyped than "I'm happy to make your acquaintance" upon being introduced? BLUE BIRD.

1. A girl is always at liberty to ask a boy friend to call. It is the boy's place to suggest, and then correspondence, however. 2. If a boy and girl wish to go to the theater or some other place at night, a chaperone is not needed. One is necessary upon picnics, long trips, and all evening affairs. 3. The girl may thank the boy for escorting her home. It is not necessary to ask him to come into the house if he has been the escort from a dance or any event that brings you home at meal time. If he comes home with you in the afternoon or the early evening, it is customary to ask him to come into the house. 4. She could ask him to introduce her to the wife. If he objects, perhaps it would be better not to further the acquaintance. 5. One could say "I'm glad to know you" or "I have always wanted to

meet you" for a change from the customary acknowledgment of an introduction.

Dear Miss Annie: I used to know a man and never saw any one I have loved as well as I do him. Now I have written ten or twelve letters to him and no answer came, so I returned his feelings. His aunt lives at the same house with his half-sister and he boards with her. When I go downtown and see him he never speaks. It almost breaks my heart. I am sixteen years old and will try to do as you say. I have no father nor sisters, so please answer.

LITTLE JULIA.

I am sorry to have to tell you that I think the young man doesn't care for you any more, so just keep a stiff upper lip and try to forget all about him. Of course something must have happened to change his feeling for you, and don't you think that you would like to know what it is?

If I were you, I would ask his aunt to find out for you. Since she is his aunt, she would know. It would be easy, I'm sure. After this you can explain to the aunt that you won't want to come when he is there and she will understand how you feel.

You wrote something about going away, and if you do happen to leave town you will have another chance to forget all about your former friend. You did exactly right in returning his letter. I hope everything will turn out right for you, Little Julia.

Dear Annie Laurie: Do you think it is right for a girl my age (fifteen)

SWING-TIME



Hot Weather Precautions For Meat

The Department of Agriculture Tells How to Care for Meat and Other Foods Which Require Refrigeration.

Issued from Office of Information United States Department of Agriculture.

FEW simple precautions will aid the housewife in keeping meat unspoiled in hot weather. It is, of course, common knowledge that the higher the temperature, the quicker meat will spoil, but the family's supplies are not absolutely at the mercy of the thermometer. Ice and cleanliness are two great weapons of defense.

For many families a refrigerator is obviously out of the question, but it is, perhaps, better to have no refrigerator at all than a neglected one. Merely to wash it out occasionally does little good; it should be thoroughly scalded at frequent intervals, in particular the drain. This, if overlooked, is apt to harbor fungous growths, which may spread to the food. On one occasion a man applied to the Department of Agriculture because he had found that a joint of beef placed in his refrigerator had turned sour. Bright red "germs" which cause the meat to become rancid were found on the meat.

Much sickness that is popularly ascribed to ptomaine poisoning or to bad food is really caused in some such way as this. The food, in itself perfectly wholesome, acting merely as a mechanical carrier for the "germs" which grow in foods and cause illness grow very rapidly, particularly if the food is a little warm, and are not destroyed unless the food is well cooked before serving. Simply "warming up" is not enough, as was found in a case of illness recently reported after eating some warmed up creamed vegetable. Certain kinds of food—creamed chicken, or custard, or warm vegetable, for example—are excellent culture mediums for bacteria which may have been introduced into them by accident. For this reason it is a safe rule to have as short a time

as possible intervene between the preparation of food and its consumption. Broth is another excellent medium and in consequence should be drained off if it is intended to keep the meat for any length of time before serving. If the broth is used also, it should be boiled thoroughly first. All food, cooked or uncooked, should be kept in a clean, cool place in order to reduce the danger of infection to a minimum.

When meat must for any reason be kept unusually long periods of time or when the conditions are unusually unfavorable, scalding may be resorted to advantageously. Dropping the meat into boiling water for a few minutes will not seriously affect its flavor when it ultimately appears upon the table, and it will put it in a much better condition for keeping. It is important, however, that it be dipped in a large body of boiling water. If only a small amount of water is used, the introduction of the meat will lower the temperature to such an extent that the whole process becomes worthless. With such meats as veal or pork, which are always—ought to be—thoroughly done, the precaution can be carried further and the joints partially cooked before being stored away. Care should be taken, however, to see that the re-cooking is thoroughly done.

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Joy, Happiness, and Health Compose Clouds From Which Sight Comes

By DR. LEONARD KEENE HIRSHBERG, M.D.
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ARE the effects of colors on the eyes different in different people? Is there some individual explanation in the various vibrations of light rays to be compared with the wireless instrument attuned to accept certain waves and reject others?

If the sensibility to pain were equal to the number of waves radiating to the eye, light blue might be the most irritating color to many persons. There are more vibrations or waves each second to make blue than there are to make red. Perhaps in a fashion, this may explain why more persons prefer red than other colors. It is analogous to certain sounds which annoy only at definite notes, high or low.

Joy, happiness, health, are all luminous clouds whence flow the charms of sight, like melodies and echoes of a symphony of colors from sunlight. The rare diversities and exquisite beauty of color seems out of proportion to the physical needs of material causes which produce them.

Animalcules Distinguish Colors.

Observe a pure tint, as from green grass, a yellow carrot, a red rose. They are in such marked contrast and so unlike that it is hard to understand the truth, to-wit, that the speed and size of radiations—from any luminous object, be it a twinkling bug, a phosphorous or the moon—yield man these distinctly pleasurable sensations of color.

In brief, from the ultra-violet colors through ultra-violet, violet, blue, green, yellow, orange, pink, red and supra-red in sequence, the combined in white light, there is a steady, continuous gradation of speedy waves from the coarsest of lumination, through the thinnest of space, to the eye.

Why are the eyes adapted to sense colors, and the eye—your, yourself—equipped to perceive them and their differences? How is it that man can distinguish an illimitable array of Tyrian dyes, tints, hues, shades and differences of color?

Prof. S. O. Mack, of the department of zoology of Johns Hopkins University, in his researches upon the "Behavior of Lowly Creatures in Light," has proven that even the most elementary and simplest forms of life, animals and plants—mere living specks as it were—exhibit a definite and different type of activity according to the color of the light. Not only do they perceive light as light, but the human eye, which is able to distinguish between colors.

Unequal To Instruments.

The human eye distinguishes enormously minute differences in the speed of light, but our eyes might be many times more efficient. Excellent as our vision is, it is unequal to many instruments. These distinguish ultra-violet, supra-red, beta rays, x-rays, thorium rays, magnetic rays, conal rays and many others which escape the human sight.

The demand for a sense and perception of color can be realized when you realize the myriad of things alike in size and form. A ripe fruit, an unripe apple, an edible or a poisonous nut, a flower with honey or without, the male and the female human which may be exactly alike except for their colors. Often the contrast against the tint of the earth, air, sky, clouds, or foliage depends on color. Life, death, and survival of a race may depend upon the perception of colors in friend or foe.

The eye is peculiarly adapted to perceive greens and blues, because of vegetation and the sky. These are in large surfaces the colors which are most agreeable to the human sight. Red, yellow, and violet are best appreciated in smaller masses or when contrasted with the other type. This is the dramatic color scale, a foundation for a theory of harmonious coloring. Color "planes" are already an accomplished fact in psychological laboratories.

Tints and Emotions.

The several tints have long been known to remain always associated with definite emotions.

The agreeable and soothing influence of green light is traceable to the minimum of heat and chemical rays present. Blue and violet are not as comforting or pleasant. While, true, enough, these lack heat radiations,

they have many more chemical or "active" rays than green. Green, too, is intimately, through the ages, as well as in each individual's experience, associated with the satisfaction of the appetite, the passions, the pleasurable emotions, human needs in general and the elixir or new life, youth and springtime.

Where the grass is greenest and vegetation most abundant and varied, there the man always found his most suitable dwelling place. There the pangs of hunger, thirst and sorrows of the world are unknown. In such spots the choicest products of the earth gratify the mind, the emotions, the appetite, and the eye.

Answers to Health Questions

J. S.—Q. Will you kindly advise a remedy for dandruff, falling hair and gray hair?

A. Take 10 to 20 drops of tincture of chloride of iron in a wineglass of water through a tube after meals. Apply a paste or cream of carbonate of iron, 1 dram; resorcin, 1/2 dram; vaseline, 1 ounce; sulphur, 1 dram, to the scalp Monday, Wednesday and Friday nights. Tuesday, Thursday and Saturday nights apply sulphur ointment. Sunday nights apply both. This treatment should be continued for a month, or until the gray hairs have disappeared.

W. C. D.—Q. I suffer greatly with an aching pain and stiffness in the back of my neck and shoulders, and am very nervous. Will you kindly advise me what to do?

A. Use a small electric battery on the back of the neck, and shoulders every three hours, and apply hot applications. Swedish movements and manipulation will also help. Avoid excitement and overexertion. Keep bowels active, get more rest and sleep. Take a Bulgaria tablet with your meals.

Dr. Hirschberg will answer questions for readers of The Times on medicine, hygiene and sanitation subjects that are of general interest. He will not undertake to prescribe or give advice for individual cases. Where the subject is not of general interest letters will be answered privately, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care this office.

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